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A Soldier assigned to 3-4th Cav. Reg., 3rd BCT, 25th ID, conducts a helocast insertion into the Pacific Ocean near Marine Corps Training Area Bellows, on May 16. A UH-1Y “Super Huey” helicopter assigned to HMLA-367 provided aerial support for the Soldiers.

Soldiers, Marines train together for helocast ops

Story and photos by
STAFF SGT. ARMANDO R. LIMON
3rd Brigade Combat Team Public Affairs
25th Infantry Division

MARINE CORPS TRAINING AREA BELLOWS — The blades from a U.S. Marine Corps UH-1Y “Super Huey” stirred up the sea and sand as the helicopter maneuvered alongside the coast, here, for six Soldier teams to plunge from the aircraft into the warm Pacific waters for a helocast insertion, May 16.

Soldiers assigned to Comanche Troop, 3rd Squadron, 4th Cavalry Regiment, “Raiders,” 3rd Brigade Combat Team, 25th Infantry Division, performed a series of helocast operations with Marine and Army helicopters during the week.

However, this was the first time helocast training was performed from the cramped confines of a UH-1Y assigned to Marine Light Attack Helicopter Squadron 367 based out of Marine Corps Base Hawaii, Kaneohe Bay.

“Comanche Troop is supposed to be trained on any insertion by land, sea and air, so this is our sea portion, if you will,” said 1st Lt. David Bonham, executive officer, Comanche Troop, 3-4th Cav. Regt.

Bonham stated that the Soldiers wore their fighting load carrier, weapon, swimmer lift vest and fins to assist them in their swim back to shore.

“The Soldiers conducted the helocast from the Marine helicopter and then linked up in the water,” said 1st Sgt. Daniel Moss, senior enlisted adviser, Comanche Troop, 3-4th Cav. Regt. “The



Pfc. Devin Doty, an infantryman assigned to the 3-4th Cav.Regt., 3rd BCT, 25th ID, provides security on the beach at MCTAB, on May 16. A UH-1Y “Super Huey” helicopter assigned to HMLA-367 provided transportation support for the Soldiers.

scout swimmer secures the BLS, which is the beach landing site. Once they’ve done that, they’ll move in and consolidate again, establish security, they’ll identify a grid for a cache site if they need to, and they’ll move out and continue mission.”

The helocast insertion was conducted from an altitude of 10 feet and at an airspeed of 11-12 mph above the drop



Soldiers assigned to the 3-4th Cav. Regt., 3rd BCT, 25th ID, ride aboard a UH-1Y “Super Huey” helicopter assigned to HMLA-367 along the eastern Oahu coastline, on May 16. The Soldiers conducted a helocast insertion into the Pacific Ocean.

zone, as one Soldier after another plunged into the sea.

The Soldiers had to contend with ocean swells that were above 4 feet, putting the training to a temporary halt, which is less than an ideal situation, Bonham said.

“Our Soldiers are not Olympian swimmers, and they’re swimming with combat gear,” he said. “We’re trying to get swells underneath 4 feet, so they don’t panic in the water.”

During the week, the Coast Guard was present to provide a boat to give assistance to any Soldier in the water that needed emergency help.

“It’s a great opportunity to work with the Coast Guard and the Marines,” he said. “Trying to understand each other’s (techniques, tactics and procedures), and that way we can work together in the

future, we understand each other, and we understand what we require of each other for easier planning and operations in the future.”

“The Marines are very user friendly when it comes to aviation,” Moss said. “We’ve done several missions with the Marines in the past.”

Pfc. Devin Doty, a native of Los Angeles, and infantryman assigned to Comanche Troop, 3-4th Cav. Regt., described the helocast from the Super Huey as exciting.

“It was pretty good training with and jumping out of a Marine helicopter,” Doty said. “The Marines were able to get low enough where we could safely jump out of the bird. It was good. The biggest challenge at the end was conducting security and getting everybody in the right place.”



Pfc. Devin Doty, an infantryman assigned to the 3-4th Cav. Regt., 3rd BCT, 25th ID, walks on the beach at MCTAB, on May 16. Doty was part of a helocast insertion with the help of HMLA-367.



A Soldier assigned to the 3-4th Cav. Regt., 3rd BCT, 25th ID, conducts a helocast insertion into the Pacific Ocean from a UH-1Y “Super Huey” helicopter assigned to HMLA-367, on May 16. The joint Marine and Army exercise tested the interoperability between the two services.

Fifth annual Land Forces of the Pacific kicks off

Story and photo by
STAFF SGT. CHRISTOPHER MCCULLOUGH
U.S. Army-Pacific Public Affairs

HONOLULU — Representatives from 27 of 36 nations from throughout the Indo-Asia-Pacific region – to include nine chiefs of armies – gathered in Hawaii to kick off the fifth annual Land Forces of the

Pacific (LANPAC) Symposium & Exposition, May 23.

“I’m very encouraged by the fact that 27 nations are here – and nine chiefs of armies – because we have to solve these complex challenges together,” said Gen. Robert B. Brown, commanding general, U.S. Army Pacific. “These things no longer impact small numbers. They impact

everybody. The (Internet) connectivity causes it to impact the entire world, no question about it.”

The three-day symposium provides an opportunity for land force commanders from the U.S., along with joint and regional partners, to include Japan, Nepal, the Republic of Korea and Vanuatu, to discuss critical topics that affect security and co-

operation across the Pacific.
Gen. Brown chaired the first of 13 LANPAC 2017 panels and forums that will discuss the readiness of land forces throughout the region, integration of those land forces into multiple domains, and the impact of people empowered by



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Oahu to observe Memorial Day

The following public events will honor service members and civilians who gave their lives for our country in current and past conflicts.

FRIDAY
•“Sew a Lei” for Memorial Day — An estimated 38,000 lei will be made, donated and placed on gravesites within the National Memorial Cemetery of the Pacific. To help meet this goal, the public has opportunities to donate their pre-made lei and share their lei-making skills or materials.

From 11 a.m.-1 p.m., the city will host its annual Sew a Lei for Memorial Day event at Honolulu Hale.

During that free event, you can drop off your fresh flowers or lei (measuring 22” to 24” in length), attend lessons on how to make lei and help to make lei yourself.

The Boy Scouts of Hawaii will be placing lei at the cemetery on Sunday, May 28, during an event beginning at 1 p.m.

SATURDAY
•Memorial Day Event — Mililani Memorial Park & Mortuary invites the community to participate in a free Memorial Day event from 9 a.m.-1 p.m. A short ceremony with a guest speaker, followed by live entertainment, shave ice, popcorn and a balloon release will occur. All are welcome. The location is Mililani Memorial Park Road at Ka Uka Boulevard, Waipahu.

•2017 Hawaii Memorial Day Parade — Hawaii’s official Memorial Day Parade, commemorating the 75th anniversary of the invasion of Pearl Harbor in 2016 and the 50th anniversary of the Vietnam War in 2017 is happening May 27. The parade will pay tribute to our veterans, active military and their families. This event will commemorate the past and celebrate the future in one of the U.S.’s most historic and culturally enriching locations.

The parade begins in Fort DeRussy in Waikiki. It proceeds down Kalakaua Avenue for 1 mile, then takes Monsarrat Avenue to the Waikiki Shell where an evening concert is held for participants in the parade.

~4:30 p.m., Opening Ceremony featuring guest speakers, Marine Corps Forces, Pacific Band, along with marching bands and other parade entries from the mainland.

~5 p.m., Opening Ceremony and official Welcome Home at Fort DeRussy Park.

~5:30 p.m., Kalakaua closes. Opening performance at the review stand.

~6 p.m., Parade begins on Kalakaua Avenue in Waikiki.

Visit <https://www.memorialdayparade.com/> for more details.

•Aircraft Dedication — An F-105 Dedication will be held in the Pacific Aviation Museum’s Hangar 79 at 11 a.m. As part of the 50th Anniver-

sary Commemoration of the Vietnam War, Vietnam veterans will be on hand to help unveil the Museum’s newest aircraft, the F-105.

Retired Army Maj. Gen. Patrick Brady, former Huey pilot and Medal of Honor recipient, and retired Army Col. Dr. William S. Reeder Jr., former Cobra pilot and the last combat POW of the Vietnam War, will also participate in the dedication ceremony for the museum’s newly updated Huey and Cobra helicopters.

Cost is museum admission, but free to museum members and members of the military and their families with valid ID.

•Meet & Greet Vietnam Veterans — A meet and greet of Vietnam veterans will occur at the Pacific Aviation Museum at 1 p.m., in Hangar 79. Speeches by Medal of Honor recipients and book signings are scheduled. Cost is museum admission, but free to museum members and members of the military and their families with valid ID.

SUNDAY
•Hawaii World War I Centennial — A 2017 Memorial Day observance marks the centennial of U.S. participation in World War I at the War Memorial Natatorium, 9:30 a.m. at 2815 Kalakaua Ave., Waikiki.

This year, musical entertainment by 4U will begin at 9:30 a.m. The memorial observance will commence at 10 a.m. A paddle-out from San Souci beach, led by the Mid Pacific Surf Club, will conclude activities.

This centennial observance is in keeping with the steadfast commitment to remember more than 10,000 men and women from Hawaii who served in World War I – and 101 who died – and to do so at the living memorial dedicated in their honor, the Waikiki War Memorial Natatorium.

The ceremony also commemorates the sacrifice of American Soldiers, Sailors, Airmen, Marines and Coast Guardsmen from all wars and the triumph of the democratic values they fought to defend.

•Ride to the Natatorium War Memorial — American Legion Riders (ALR), Hawaii hosts the Sunday before Memorial Day ride to the Natatorium from 8:45 a.m.-1 p.m.

This is the ride in support of the World War I Memorial in Waikiki. Meet at Cycle City by 8:45 a.m. for the ride brief; kickstands up at 9 a.m. to show your support.

The aim is 100 bikes out again for Hawaii’s World War I heroes and all veterans. POC is Francis Riddell, ALR director, at 888-9628, or Mike Soucie at 638-2100.

MONDAY
•Holiday Schedule — City and County of Honolulu offices will be closed in observance of Me-

See EVENTS A-3

USARPAC remembers LTC Galich

U.S. ARMY PACIFIC COMMAND
Public Affairs

FORT SHAFTER — U.S. Army-Pacific paid tribute to Lt. Col. Susan M. Galich, May 19th, with a memorial service at the Aliamānu Military Reservation Chapel, six days after she succumbed to a lengthy battle with cancer.

During the ceremony, friends and family paid their respects and offered endearing memories of their time with Galich.

“What I remember most is how she attacked life with such zest every day, always doing something to better herself and those around her,” said Col. David Morrison, assistant chief of staff, G-2. “‘I choose life’ was her mantra, and she lived every day without looking back.”

Galich, a 1999 U.S. Military Academy graduate, was assigned to USARPAC as the intelligence security operations chief. Throughout her service, Galich served in a variety of positions spanning the globe, including brigade executive officer with the 501st Military Intelligence Brigade in Yongsan, Korea; detachment operations officer with the 308th Military Intelligence Battalion; and G-2 planner for the future operations section with U.S. Army Central Command in Arifjan, Kuwait.

Galich’s awards and decorations include two awards of the Meritorious Service Medal, numerous Army Commendation and Achievement medals, the Parachutist Badge and the Scuba Diver Badge.

Galich is survived by her husband, Col. Greg Dutka, deputy director, National Security Agency Hawaii Office.



Galich

50,000 to attend lantern-floating memorial ceremony

STRYKER WEINER & YOKOTA
Public Relations

HONOLULU — The largest Memorial Day observance in the United States happens on the beach with the Lantern Floating Hawaii 2017 ceremony, officiated by Shinnyo-en, an international Buddhist community with Japanese roots, and presented by its locally based social-contributing arm, Na Lei Aloha Foundation.

The ceremony is a free, public event that will take place from dusk to sunset on May 29, Memorial Day.

In its 19th year, more than 50,000 participants will set afloat over 7,000 candle-lit lanterns that bear remembrances and prayers to illuminate the shores of Honolulu’s Ala Moana Beach at sunset.

The theme of this year’s ceremony, “Many Rivers, One Ocean - Interconnectedness,” provides an opportunity for thoughts and prayers from around the globe to create a moment of collective remembrance, harmony and international friendship.

The ceremony starts with the sounding of the conch shell to the north, east, south and west and includes diverse cultural and spiritual rituals and artistic expressions such as traditional



Photo courtesy of Marybeth Coffman

Participants in the 19th annual Floating Lantern Hawaii ceremony write words of remembrances to loved ones who have passed away. These memories are then set to sea at Ala Moana Beach Park on Monday, Memorial Day.

Japanese Taiko drums, hula dance and Buddhist sutras set in a Western classical style.

Leading up to the release of lanterns, a message to inspire hope and peace from head priest of Shinnyo-en, Her Holiness Shinso Ito will be shared. Four community leaders will join Her Holiness for the lighting of the Light of Harmony.

“The light of the lanterns that we see before us connects us with our loved ones who came before us,” Ito said. “The act of floating lanterns symbolizes our intentions to put our thoughts into actions. The light of the lan-

tern symbolizes wisdom; water is a symbol of compassion.”

Participants come from around the world to honor fallen service members and all who laid a foundation for their lives. Many come to witness the peaceful beauty of thousands of lanterns on the Pacific Ocean. The event provides a personal and collective experience where families, friends and even strangers reach out to support one another.

Lantern Floating Hawaii is the culmination of a year of planning, supported by the help of hundreds of volunteers. Those who cannot attend may have

remembrances included on lanterns through an online submission. Volunteers hand-transcribe and affix these online submissions to collective remembrance lanterns and float them on behalf of the thousands from around the world who participate in this way.

For those wishing to participate in person, individual lanterns are available on site, at no charge, on the ceremony day. Volunteers retrieve the lanterns from the ocean following the ceremony and clean and refurbish them for use in future years.

The first Lantern Floating Hawaii ceremony was held in 1999 at Keehi Lagoon on Memorial Day and has grown each year in response to community interest. Shinnyo-en, meaning “borderless garden of the unchanging and real nature of things,” is a growing international Buddhist community with temples and centers throughout the United States and the world, the Shinnyo Center for Meditation and Well-Being is located in New York City.

For more information on the event, visit www.lanternfloatinghawaii.com, email info@na-leialoha.org or call 942-1848. For more information about Shinnyo-en visit www.shinnyoen.org.

Voices of Ohana

Because Monday, May 29, is Memorial Day, we wondered, “Who do you remember on Memorial Day?”



“My father, Air Force Staff Sgt. Ray Briggs. He was a good father. He was always there for me, helping me with soccer and my school work.”

Chelsea Briggs
Gold Star child



“My husband, Air Force Staff Sgt. Ray Briggs. He passed away on Dec. 1, 2010. He was my everything, not just my husband or my children’s father, but my best friend.”

Tia Briggs
Gold Star spouse



“My son, Army 1st Lt. Jonathan Brostrom. He was killed in action on July 13, 2008. I miss his infectious laugh and seeing his smile.”

Mary Jo Brostrom
Gold Star mother



“My husband, Army Maj. Michael Garling. He passed away on July 11, 2014, three weeks after our wedding. I miss his smile and his sense of adventure.”

Katie Garling
Gold Star spouse



“My husband, Navy Senior Chief Craig Vickers. He passed on Aug. 6, 2011, in Afghanistan. He had such a love for life, for his family and really believed in what he did.”

Nani Vickers
Gold Star spouse

Budget aims to balance current, future needs

JIM GARAMONE
Defense Media Activity

WASHINGTON — President Donald J. Trump’s fiscal year 2018 Defense Department budget request proposes a \$52.4 billion increase over the 2017 request and seeks to shore up readiness, procure systems for the future and fully fund operations worldwide.

The budget request is \$574.5 billion, with a \$64.6 billion request for overseas contingency operations.

Officials said the budget request – that still must be passed by Congress – reverses the manpower decline with funding that would put the services on track to increase by 56,000 service members.

Balancing readiness needs

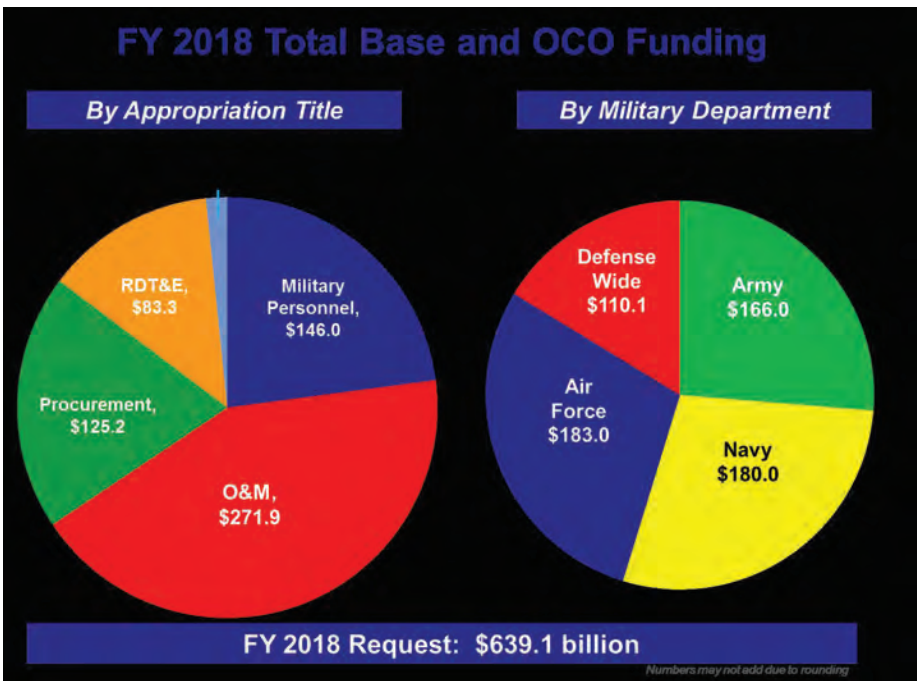
The president’s budget request seeks to balance the needs of near-term readiness – and the necessity to train forces for conflict – with the needs of the future force, officials said, adding that it breaks through the cap set by the Budget Control Act of 2011 by \$52 billion and will require congressional action.

Active duty end strength is set at 1,314,000, with the Army holding steady at 476,000, the Navy increasing by 1,408 to 327,000, the Marine Corps growing by 574 to 185,000 and the Air Force growing by 3,975 to 325,100.

The reserve force will grow by 2,085 to a total of 815,900. The total of military strength will rise by 8,042 to 2,129,900.

The total change in size in both the fiscal 2017 budget and the 2018 budget request is 56,400 total.

On the pay side, the budget calls for a 2.1 percent pay raise for military personnel



Courtesy graphic

President Donald J. Trump’s fiscal year 2018 Defense Department budget request proposes a \$52.4 billion increase over the 2017 request and seeks to shore up readiness, procure systems for the future and fully fund operations worldwide.

and 1.9 percent for civilians.

By service, the Army is budgeted at \$137.1 billion, the Navy at \$171.5 billion, the Air Force at \$165.5 billion and Defense-wide money is set at \$100.4 billion.

Operations, maintenance

The operations and maintenance account is by far the largest section of the request’s base budget set at \$223.3 billion. Military personnel accounts come in at \$141.6 billion and procurement is

set at \$115 billion. Research and engineering comes in at \$82.7 billion and military construction is set at \$11.9 billion.

Restoring service readiness is key to the budget, officials said, adding that the Budget Control Act of 2011 decimated service readiness and imposed severe cuts in training, spare parts, steaming days and flight hours.

This budget request posits 19 training rotations for Army units in their “high-

Community urged to fill out health survey when it arrives

LINDA BASS
U.S. Army Public Health Command

How do you feel about the health and wellness of your community? What do you think are the top physical, behavioral, social, spiritual and family health issues in the community?

Your opinion matters and your local Community Health Promotion Council (CHPC) wants to hear from you.

The Community Strengths and Themes Assessment (CSTA) is underway at U.S. Army-Hawaii (USARHAW) and will run

through Aug. 1. Developed as a “holistic approach to assess the community for needs, this survey is designed to capture the pulse of our community members’ feelings on quality of life, health, safety and satisfaction.”

Survey questions cover a wide variety of topics related to health wellness, and resiliency and how well community programs and services address community members’ needs. Participants will be asked to identify top health issues and risky behaviors, assess

their personal health as well as that of the community at-large, and to assess how familiar they are with programs and services to address health and wellness issues.

Results of the assessment will be briefed to senior community leaders at the quarterly Community Health Promotion Council and are expected to play a role in the identification of council priorities. Top identified issues will be assigned to functional working groups for the development of action plans and

processes to address those needs.

The survey takes less than 10 minutes to complete and is available online at the following link: <https://usaphcapps.amedd.army.mil/Survey/se.ashx?s=251137453825C6F3>. All US Army Hawaii community members are encouraged to participate.

(Note: Linda Bass is the health promotion officer for USARHAW. General information about the CSTA is referenced from U.S. Army Public Health Command information papers.)

Army veteran remembers fallen comrades in Iraq this holiday

DAVID VERGUN
Army News Service

WASHINGTON — This Memorial Day, May 29, Americans will remember U.S. service members who died while serving their country.

Retired Army Sgt. 1st Class Debra Kay Mooney said that on this upcoming Memorial Day, and every other day of the year, she remembers the fallen she had served with in the Oklahoma Army National Guard.

As a combat engineer, Mooney served in both the first and second battles of Fallujah, Iraq, that occurred in 2004.

Camp Gruber, Oklahoma, where she trained other Soldiers on what to expect and how to react during combat using realistic simulations.

Mooney said that although she’s the first woman in her family to serve in the military, she doesn’t dwell on that much. In fact, even in Fallujah, she didn’t think at all about being a woman among mostly male Soldiers and Marines, she said.

“It weighs heavy on my heart”

“We were all just Soldiers,” she added.

Today, Mooney lives in the same house where she was born, in Idabel, Oklahoma, near the Arkansas and Texas state lines.

Mooney, a native Choctaw Indian, keeps busy as a housekeeper for the Choctaw Nation Clinic in Idabel. She works in the evenings after the clinic closes, sanitizing the facility. She said she needs to keep working at least until she’s 60, because that’s when she can begin drawing her Army retirement.

In addition to working at the clinic, Mooney is a volunteer with the National Museum of the American Indian. She is one of a select number of representatives from Indian nations on the advisory board that will select the winning entries for a monument for Native American veterans that will be erected on the museum grounds in 2020. Also, she’s involved in activities such as speaking engagements in local communities.

Besides working at the clinic, she is also a patient at the clinic, receiving counseling for post-traumatic stress disorder. She said it wasn’t any particular incident that triggered her PTSD. It was just being in the thick of things and not knowing if she’d live another day that caused the anxiety that triggered PTSD, she explained.

Mooney said that besides remembering those who were killed in combat, Americans should also remember wounded service members on Memorial Day, as well as those who got PTSD or traumatic brain injury as a result of combat – some of whom later committed suicide.

A Soldier from her unit was one such person who just this month took his own life, she said.

“It weighs heavy on my heart,” Mooney said.

Getting help

Veterans who need medical care or help with PTSD can call the Veterans Affairs confidential and toll-free crisis line, they can chat online with crisis line representatives or they can send a text message to receive confidential support 24 hours a day, seven days a week, 365 days a year.

Soldiers on active duty or in the reserve components can use the VA’s toll-free number or website. They also can see one of the 450 providers in 62 embedded

behavioral health teams that support every operational unit in the Army, said Lt. Col. (Dr.) Chris Ivany, chief of behavioral health in the Army’s Office of the Surgeon General.

Terrence Hayes, a VA spokesman, said taking care of those who served in the U.S. military remains the top concern for his agency.

“The health and welfare of our veterans remains our No. 1 priority,” he said. “When veterans are faced with challenges, we want them to know we are here for them. We encourage our veterans to seek our assistance no matter the situation.”

Hayes said that veterans and their families who need assistance can contact local VA medical centers or clinics directly, as well as veterans employment centers or national cemeteries.

PTSD Help

Veterans who need medical care or help with PTSD can call the Veterans Affairs confidential and toll-free crisis line at 1-800-273-8255. Chat online with crisis line representatives or send a text message to 838255 to receive confidential support 24 hours a day, seven days a week, 365 days a year. (Support for deaf and hard-of-hearing individuals also is available.)

Reach the VA at ebenefits.va.gov or myhealth.va.gov.

Events: Memorial Day events listed

CONTINUED FROM A-2

morial Day, a federal holiday.

~Emergency ambulance, fire, life-guard, medical examiner and police services will be available.

~TheBus will operate on a Sunday schedule. For route and schedule information, go to www.thebus.org.

~Refuse will be collected and transfer stations, convenience centers, H-POWER and the Waimanalo Gulch Sanitary Landfill will be open.

~Parks, municipal golf courses, botanical gardens and the Honolulu Zoo will be open.

~The Neal Blaisdell Center box office will be closed.

~The People’s Open Markets will not be held.

~All Satellite City Halls and Driver Licensing Centers will be closed.

~The State Foundation on Culture and the Arts will be closed.

The following traffic and parking regulations will be in effect:

~On-street parking will be free, except for the meters on Kalakaua Avenue along Queen Kapi’olani Park and metered parking lots.

~Traffic lanes will not be coned for contraflow.

•Installation Memorial Day Remembrance Ceremony — U.S. Army Garrison-Hawaii’s Directorate of Human Resources will lead and conduct an Installation Memorial Day Remembrance Ceremony at the Schofield Barracks Post Cemetery, 10 a.m. This ceremony will honor veterans of all services who served and gave the ultimate sacrifice for our country.

•Joint City and State Memorial Day Ceremony — In commemoration of the 50th anniversary of the Vietnam War, a special collaborative Memorial Day Ceremony will be held at the National Memorial Cemetery of the Pacific at Punchbowl.

The free, public event is scheduled to begin at 8:30 a.m.

The joint ceremony is sponsored by Gov. David Ige, Mayor Kirk Caldwell and multiple groups. Due to an expected large attendance, parking and driving in Punchbowl will be restricted until noon.

No public parking is allowed in Punchbowl, but free shuttles will be provided.

The ceremony will include speeches, presentation of wreath, a cannon salute, a planned U.S. Air Force and Hawaii Air National Guard flyover, playing of taps and performances by the Royal Hawaiian Band.

Free shuttles will be available for the public from the Alapa’i Transit Center from 5:30-7:30 a.m. the morning of the ceremony. Eighteen city buses will continuously shuttle attendees during this time. The last shuttle departs at 7:30 a.m.

Attendees are required to be within Punchbowl by 8 a.m., after which access into Punchbowl will be restricted until the ceremony is finished.

Shuttle service back to the Alapa’i Transit Center will commence following

the conclusion of the ceremony and the last shuttle back will depart at noon.

Regular bus rules apply to the shuttle service, including limits on baggage.

Shuttle riders are encouraged to park at one of several free sites, including the Frank F. Fasi Municipal Building parking lot, Alapa’i Transit Center parking lot and President William McKinley High School’s parking lot accessible from South King Street.

TheHandi-Van reserved rides and licensed/marked taxicabs will be allowed to drive into Punchbowl. No personal vehicles will be allowed unless previously authorized.

Sunscreen and water are recommended as covered seating is limited for the ceremony. Do not bring your own chair into the cemetery. Reserved seating will be offered to veterans and invited guests. Remaining seats will be offered to the public on a first come, first served basis.

More Details

Visit www.vietnam50years.org and at www.honolulu.gov/parks.

Drill and ceremony instills discipline in Soldiers

SGT. 1ST CLASS TIMOTHY SEPPALA
94th Army Air and Missile Defense Command
JOINT BASE PEARL HARBOR-HICK-AM — “Platoon, attention ... Right, face ... Forward, march ...”

Those commands were commonplace in the Army in the days prior to the persistent conflict in which we have found ourselves over the past 16 years.

Unfortunately, since the beginning of America’s longest war, drill and ceremony has seen a diminished role in the lives of today’s Soldiers. After basic training, many of today’s Soldiers and leaders do not conduct any marching maneuvers until they attend noncommissioned of-



Seppala

ficer education system schools.

This is a travesty!

Drill and ceremony is an essential component to instilling pride and discipline in Soldiers and in developing a leader’s ability to lead with confidence. It is during drill and ceremony that Soldiers learn to respond instantly to a leader’s command. It is during drill and ceremony that leaders learn to use their “command voice” and make decisions on the spot as they move their unit from one place to another, all

the while keeping the formation in step with the sound of cadence being called at 120 steps per minute.

If you ask a leader about what they think about today’s Soldiers, many will say they are smart but they lack discipline. I agree, but the very thing that many leaders bemoan about the Soldiers they lead is directly the fault of the leaders themselves.

It is not hard to conduct drill and ceremony; in fact, it is one of the easiest training events that a leader can conduct with their Soldiers. All you need is at least three Soldiers and a patch of ground and you can conduct team-level drill and cer-

emony. This also works for an excellent team-building event for squads and sections. As the leaders and Soldiers become more confident in their ability, they will begin to take pride in their accomplishments and in their organization.

Leaders become better leaders, and Soldiers become better Soldiers when they learn to march together as a unit. General Washington knew how important drill and ceremony was, which is why he brought in the Prussian military officer Baron Friedrich Von Steuben to train the Continental Army.

It is time we get back to our roots and back on the parade field.

BALIKATAN 2017



Philippine and U.S. Soldiers discuss family survival and evacuation plans for potential natural disasters with locals from Barangay Popolon, Palayan City, May 12, as part of Balikatan 2017. Balikatan is an annual U.S.-Philippine bilateral military exercise focused on a variety of missions, including humanitarian assistance and disaster relief, counterterrorism and other combined military operations.



Photos by Spc. Mitchell Knaus, U.S. Marine Corps Forces, Pacific
Cpl. Derick Loera, 25th Infantry Division, helps Philippine Soldiers move simulated injured personnel during a rescue operation as part of Balikatan 2017 at Camp Dela Cruz, Upi, Gamu, Isabela, May 15. This training session was the culmination of weeks of training for real world rescue scenarios between the U.S. and the Philippines.

NEWS-BRIEFS

Send announcements for Soldiers and civilian employees to editor@hawaiiarmyweekly.com

26 / Friday

GOC — U.S. Army Garrison-Hawaii will observe its Garrison Organization Celebration, May 26, from 9 a.m.-3:30 p.m. at the Stoneman Sports Complex, Schofield Barracks. Most programs and services provided by USAG-HI and the Directorate of Family and Morale, Welfare and Recreation will be closed that day. Contact organizations before traveling to them.

Retirement — What have you done lately to prepare for retirement? According to a survey recently conducted by a financial solutions company, 37 percent of Americans would rather stand in line at the DMV than plan for retirement. However, planning for retirement should start the day you are hired because people are now living longer, so you may be retired for as long as you have worked.

The path to financial literacy is the same as the path to a comfortable retirement. For information on how financial literacy applies to your federal benefits and retirement, visit the Army Benefits Center-Civilian

(ABC-C) at <https://www.abc.army.mil/FinancialLiteracy/FinLitMonth.htm>.

Moving Season — Military and family members are reminded to pre-plan their permanent change of station, or PCS, shipments. Hawaii is a geographically isolated area, so during the peak moving season, mover capacity is filled up to 30 days out.

The soonest pack-out date that the island can accommodate is June 9, and pack-out dates will continue to slip right as the days proceed.

Personnel are strongly urged to consolidate unaccompanied baggage, including retained-issue organizational clothing and issued equipment, into their household goods.

For more information, call Installation Transportation at 656-4963.

29 / Monday

Memorial Day — U.S. Army Garrison-Hawaii will hold its annual Installation Memorial Day Remembrance Ceremony, May 29, at 10 a.m., at the Schofield Barracks Post Cemetery. The public is invited to join in honoring veterans who served and died in defense of our country.

Visitors should enter Schofield via Lyman Gate, off Kunia Road, and provide current ID, registration, insurance and safety check. For more information, call 656-3159.

June

13 / Tuesday

516th Signal Brigade — A change of command ceremony will be held for Col. Jeth B. Rey, outgoing commander, at historic Pam Circle, Fort Shafter, on June 13, at 10 a.m. Rey will relinquish command to Col. Mark D. Miles, formerly the deputy G6 of U.S. Army-Pacific.

Ongoing

AER — The Army Emergency Relief campaign ended May 15; however, your donations will continue to be accepted until June 8. Why not take this opportunity to donate to an organization that supports Soldiers and families all around the world.

AER is the Army’s own emergency financial assistance organization dedicated to “Helping the Army Take Care of its Own.”

Donations can be made online at <https://www.aerhq.org/Donate>. When donating, select which location and unit/organization you would like your donation to be on behalf of.

Watch the AER video by visiting the following website: <https://www.youtube.com/watch?v=7pGVmD1UCUA>.

UH ROTC — Do you want to become an Army officer? The University of Hawaii conducts briefings on the last Thursday of

every month from 11:30 a.m.-1 p.m. at the Tripler Army Medical Center Education Center. This is a great opportunity for Soldiers to get firsthand information on ROTC scholarships and how the program operates.


For details, contact William Roach at 956-7766 or David Sullivan at 956-7744.


Scholarships — Find out about the Green to Gold and ROTC Hip Pocket Scholarships. Go to the Cadet Command at www.goarmy.com/rotc/enlisted_soldiers.jsp. Apply to the school and contact that school’s ROTC. Also, contact the UH Army ROTC (for eligibility screening). Once confirmed, initiate a 4187 through your chain of command.

Reunion — The Second (Indianhead) Division Association is searching for anyone who served in the Army’s 2nd Infantry Division at any time. This year, the association will commemorate the 100th anniversary of the division, which was formed in France during World War I. It will host a reunion in Arlington, Virginia, from Sept. 13-17.

For details, contact secretary-treasurer Bob Haynes at 2idahq@comcast.net. Call (224) 225-1202 or visit www.2ida.org.

DPW — The Directorate of Public Works operates Monday-Friday, 6 a.m.-4 p.m. Call 656-1275. After hours or for emergencies, call 656-3272.

Traffic & Outages



Advisories from Army and Hawaii Department of Transportation (HDOT) sources. Provides traffic, construction and outage information.

(Note: Times and locations of outages are a best guess. Field conditions may extend the locations and time needed.)

June

3 / Saturday

WAAF Power Outages — Wheeler Army Airfield will experience a power outage on June 3 from 7 a.m.-3:30 p.m. These outages are required to support

Hawaiian Electric Company electrical upgrades on WAAF, East Range and the Leilehua Golf Course.

In anticipation of the upcoming WAAF base-wide outages, the Directorate of Public Works is referring customers to the following for rental generators:

- Generators Hawaii: Tiny, (808) 259-6528.
- Cummins West: John Miranda, (808) 628-6224.

Schofield Barracks Power Outage — An electrical outage will impact the following areas on Schofield from 6 a.m.-6 p.m., Saturday, June 3:

- Schofield Area A Housing,
- Kona Road,
- Dickman Road, and
- Units 30-85.

This outage is required to support the Hawaiian Electric Company electrical upgrades. Times and locations are a best estimate.

5 / Monday

Lyman Road, Schofield Barracks — There will be a lane closure at Lyman Road, between Hewitt and Carpenter streets on June 5-6, from 8 a.m.-3:30 p.m.

The contractor will remove existing chain-link fence along Lyman Road. Cones and flag personnel will be on-site for this work. The contractor will have appropriate signs, cones and flagmen for the one-lane closure.

Montgomery Drive, Fort Shafter — A partial road closure will occur at Clark Road, near Bldgs. 334 & 339, for final tie-

in of the water line. South-bound traffic on Montgomery Drive, alongside the buildings will be diverted to Montgomery Drive from June 5-10.

The work will be performed Monday through Saturday and will occupy the one-way Montgomery Drive adjacent to Bldg. 339.

Ongoing

Guardrail — Construction work to install a new guardrail fronting the Child Development Center playground at Aliamanu Military Reservation will take place through July 7. Two phases of road closures are required to accomplish this work. Phase 1 is May 31-June 16; Phase 2 is June 19-July 7.

New medical clinic serves Wheeler community

KAREN A. IWAMOTO
Staff Writer

WHEELER ARMY AIRFIELD — A trip to the doctor’s office got more convenient for the Army’s aviation community with the grand opening of the Aviation Medicine Clinic, here, on May 18.

The new \$8.5 million, 13,080-square-foot clinic houses the 25th Combat Aviation Brigade’s Soldier Center Medical Home, Embedded Behavioral Health Clinic, Physical Therapy and Pharmacy.

It features 32 exam rooms with the latest equipment, and its staff has the technology to videoconference with their counterparts at Tripler Army Medical Center and U.S. Army Health Clinic-Schofield Barracks to share ideas and conduct meetings.

The clinic had a soft opening in February, when it began offering some clinical care services. It took about four years to get the facility, officially the USAHC-SB Aviation Medicine Clinic, from conception to completion.

Col. Deydre Teyhen, commander of USAHC-SB, said it was worth the effort.

“You may ask, ‘How can a building, how can moving SCMH, EBH, PT and pharmacy just 3 short miles closer to the patients it serves help build readiness?’” she asked the crowd gathered for the opening. “Simply put, decreasing barriers and improving access to care matters, and specifically location and ease of access matters when it comes to health readiness.”

Col. Kenneth D. Chase, commander of the 25th CAB, thanked officials from U.S. Army Medical Command, U.S. Army Garrison-Hawaii and the medical leaders within the 25th CAB for bringing the clinic



Photo by 1st Lt. Jason Kilgore, U.S. Army Health Clinic-Schofield Barracks

Allen Hoe, civilian aide to the Secretary of the Army for Hawaii, shakes hands with Maj. Gen. Christopher G. Cavoli, commander of the 25th ID and U.S. Army Hawaii at the grand opening of the USAHC-SB Aviation Medicine Clinic on May 18. To the right of Cavoli is Col. Kenneth Chase, commander of the 25th CAB. To Hoe’s left is Col. Deydre Teyhen, commander of USAHC-SB.

to fruition, and said it has already had a positive impact on his units.

“In short order, since the opening on Feb. 1, there has been a decrease of missed appointments by 25 percent,” he said. “Sick call appointments have gone down from 18 visits a week to six visits a week, meaning Soldiers are getting the preventative care they need in a timely manner.”

He concluded, “All of this has led to more hours fixing and flying helicopters in support of the Soldiers in the 25th ID.

Simply put, this clinic is directly tied to increase readiness in the 25th CAB and for that we want to express our gratitude to everyone who has played a role in making this fantastic facility a reality for our Soldiers.”

Teyhen praised her staff at the USAHC-SB for not missing a single patient appointment while working at the same time to get the CAB Medicine Clinic up and running. She said their dedication to improving CAB Soldiers’ access to health care did not go unnoticed.

“As we look to the aviation community within the 25th Infantry Division and across Oahu, we have a committed group of Soldiers that often put the mission in front of their own health,” she said. “While at (Forward Operating Base) Delta in Iraq, I was lucky enough to support an aviation unit. By decreasing the barriers to care, we were able to better care for the aviators, their crew, the flight mechanics and other support staff. This led to the improved physical, cognitive and emotional health and wellness of their unit.

“I believe this new building and the services provided will serve as a foundation for health readiness among the aviation community on Oahu.”

Aviation Medicine Clinic

●**Location:** Bldgs. 680-681 (next to the flagpole fronting Wheeler Middle School) on Wheeler Army Airfield

Phone: 656-1628

●**Soldier Center Medical Home**

6:30 a.m.-3:30 p.m., Monday-Wednesday and Friday

7:30 a.m.-3 p.m., Thursday

●**Pharmacy**

7:30 a.m.-12:30 p.m. and 1:30-3:30 p.m., daily

●**Behavioral Health Clinic**

7:30-3 p.m., daily

Walk-in services available from 9 a.m.-3 p.m., daily

●**Physical Therapy Hours**

7:30-noon and 1-3:45 p.m., Monday-Wednesday and Friday

7:30-noon, Thursday

Conference begins with reminder of threats to U.S.

ASSOCIATION OF THE UNITED STATES ARMY
News Release

The U.S. and its Pacific partners began a three-day meeting Tuesday in Honolulu with a fresh reminder from North Korea about danger in the Indo-Asia-Pacific Theater.

Sunday’s successful ballistic missile launch by the regime of North Korea’s pugnacious leader Kim Jong Un, and his subsequent declaration of beginning mass production of the midrange solid-fuel missiles known as the Pukguksong-2, is evidence, if any was needed, that there are serious security issues at stake.

The Association of the U.S. Army is hosting the three-day LANPAC Symposium and Exposition involving representatives of land forces from 29 nations.

“That’s pretty powerful,” said retired Army Gen. Carter F. Ham, the Association of the U.S. Army’s president and CEO.

This is AUSA’s fifth LANPAC conference, with chiefs of staff of nine armies attending an event focused on joint and multinational operations, and on keeping a combat-ready edge for forces in theater or dedicated to theater operations. Ham said there is no other similar forum solely focused on the challenges facing and resources required for land forces and land power in the Pacific.



Photo by Staff Sgt. Justin Silvers, U.S. Army-Pacific Public Affairs

Staff Sgt. Shaun Thompson, a jungle school instructor with the 25th Infantry Division Lightning Academy, discusses the jungle school course curriculum along with lessons learned with Col. Haszaimi Bol Hassan, with the Royal Brunei Land Force, during the Land Forces Pacific (LANPAC) Symposium, May 24 at the Sheraton Waikiki in Honolulu. U.S. Army leaders, alongside joint and regional partners, discuss and showcase the critical role of Pacific land forces during the three-day event.

Gen. Robert B. Brown, the U.S. Army-Pacific commanding general, said the world is becoming more complex and the speed with which things change has increased. The fog of war was once not hav-

ing enough information. Today, he said, the fog of war is being overwhelmed by too much.

“Those who would do us harm can sometimes move much faster than we

can,” Brown said.

“The key thing about being here is we have 29 countries working together,” Brown said. “Our advantage is realizing our combined potential.”

As the LANPAC conference got underway, director of National Intelligence Dan Coats was telling the Senate Armed Services Committee in Washington, D.C., about North Korea’s threat to regional stability.

“North Korea’s weapons of mass destruction program, public threats, defiance of the international community, confrontational military posturing, cyber activities and potential for internal instability pose a complex and increasingly grave national security threat to the United States and its interests,” Coats told the committee.

Marine Corps Lt. Gen. Vincent R. Stewart, Defense Intelligence Agency director, appeared at the same hearing with a similar warning.

“North Korea is an antagonistic state actor and remains a critical security challenge for the United States,” Stewart said.

More Details

For more information about AUSA, visit ausa.org.

LANPAC: Nine chiefs & about 29 nations come

CONTINUED FROM A-1

leadership and technology.

The first panel, “Perspectives in Land Force Roles and Opportunities,” highlighted the challenges and opportunities land forces face in the Pacific region, which extends over nearly half the world’s



surface and is home to half the world’s population.

The keynote address for Wednesday was Adm. Harry Harris, the U.S. Pacific Command commander.

Left — Gen. Robert B. Brown, commanding general, USARPAC, chairs the first of 13 LANPAC 2017 panels and forums to discuss the readiness of land forces throughout the region, integration of those land forces into multiple domains, and the impact of people empowered by leadership and technology.

Live Streaming

Live streaming of the panel discussions can be found on the Defense Video & Imagery Distribution System at <https://www.dvidshub.net/feature/lanpac>.

500th MI inducts NCOs, follows Army tradition

Story and photo by
SGT. SHAMEEKA R. STANLEY
500th Military Intelligence Brigade
Public Affairs

SCHOFIELD BARRACKS — The 500th Military Intelligence Brigade inducted 20 of its newly promoted noncommissioned officers into the NCO Corps in a ceremony at the Sgt. Smith Theater, here, May 19.

The NCO induction is a long-standing tradition in the Army. The junior Soldiers walked through the NCO archway to symbolize their transition to NCOs and reaffirmed their commitment to being leaders.

The ceremony began with junior enlisted Soldiers reciting a “Soldier’s Request” with words that echoed throughout the theater as the NCO inductees watched and listened, followed by Command Sgt. Maj. Lisa C. Piette-Edwards of U.S. Army Garrison-Hawaii giving words of empowerment and wisdom to the newly promoted NCOs and future NCOs that were in attendance.



“The NCO induction ceremony is a huge significance for the newly promoted NCOs,” said Command Sgt. Maj. Tammy M. Everette, senior enlisted adviser for the 500th MI Bde. “It’s something that is tangible that we do to distinguish Soldiers into NCOs. It’s very empowering when we have the Soldiers recite the Soldier’s Request so that the newly promoted NCOs

understand what’s expected of them as a leader.”

The new NCOs signed and received their Charge of Responsibility certificates, which were also signed by the command sergeant majors of their respective battalions.

“To be a part of a unit that upholds the history and tradition for the NCO Corps

Left — The 500th MI Bde. inducts 20 of its newly promoted noncommissioned officers into the NCO Corps in a ceremony at the Sgt. Smith Theater, Schofield Barracks, May 19.

is very important and meaningful,” said Staff Sgt. Patrick S. Nguyen, career counselor for 715th MI Battalion. “Every once in a while, as an NCO, you need a refresher, so it’s good for other NCOs to come to support newly promoted NCOs to help remind us what it means to be an NCO.”

During the ceremony, three candles (one red, one white, one blue) were lit behind letters N, C and O by newly inducted NCOs, Staff Sgt. James A. Smith, (715th MI Bn.), Sgt. Alyssa A. Kucera (205th MI Bn.) and Sgt. Josephine E. Ramos (Headquarters and Headquarters Detachment, 500th MI Bde.), after which each of them recited a part of the NCO creed.

The red candle represented valor, the white candle represented honor and integrity, and the blue candle represented vigilance.

715th MI Bn. wins first place at NSA/CSS-Hawaii Warrior Challenge

Story and photo by
SGT. SHAMEEKA R. STANLEY
500th Military Intelligence Brigade
Public Affairs

SCHOFIELD BARRACKS — Seven officers and nine noncommissioned officers of the 715th Military Intelligence Battalion, 500th MI Brigade, competed in the second annual National Security Agency/Central Security Service-Hawaii Warrior Challenge at Joint Base Pearl Harbor-Hickam’s Wahiawa Annex, recently.

Each year, service members from different branches of the service get together in teams of eight and go through seven different stations for approximately 7 miles while carrying rucksacks that weigh over 40 pounds.

Each station consisted of different physical and mental challenges, which allowed the competitors to work together as a team and get through each challenge as one.

“I think it was a great event with joint services, and we as a team represented the Army pretty strong,” said Lt. Col. Andrew “Andy” J. Hierstetter, commander of 715th MI Bn. “It was very challenging, but it was what I expected and everything was put together well.”



Senior leaders of the 715th MI Bn., 500th MI Bde., push their way through 20 squad push-ups during the NSA-H Warrior Competition.

Hierstetter led the way with “Sentinel Team 6,” which included his company commanders, operations officers and one NCO. The second group, the “Silent Sentinels,” represented the unit with eight NCOs.

Challenges

Some of the challenges the teams faced at the stations included 20 squad push-ups under 2 minutes, a spear throw, 10 buddy-assisted sit-ups and squats, a pistol belt drag, a tire flip, a mud crawl, an ammo carry and a react to fire.

“Part of the reason for us coming out here to compete is because we ask Soldiers to come out and compete in these type of events, so we want to let them see and know that we can come out and do it, too,” said Capt. Benjamin Huzzey, commander, A Company, 715th MI Bn. “We’re not afraid of getting dirty, and we are up for the challenge.”

Each team started out 30 minutes apart. Once each team reached the next station and grounded their gear, they were read a Medal of Honor citation prior to starting the challenge.

“The challenge was very competitive with the joint service members together and brought out the best of us,” said Capt. Jun H. You, 715th assistant S-3 (Operations). “Getting all of the senior leaders was a good way to lead from the front. We started as a team and ended as a team.”

Any part of the challenge – at each station – that a team didn’t successfully complete, they were required to do 20 burpees individually, which cost them their time to move on to the next station.

“The terrain played a huge factor, and the burpee penalty made it more challenging,” said Sgt. Brandon M. Roy, a Signals Intelligence Analysts from C Co., 715th MI Bn. “I think this challenge reflected our unit’s strong esprit de corps, morale and overall unit cohesion.”

Despite the heat, terrain and the weight of their gear, the Silent Sentinels were able to adapt and overcome and win first place. Team Sentinel 6 was able to finish in fifth place.

The Silent Sentinels were announced the winners in a cake-cutting ceremony and received a Warrior Paddle, which was presented by Navy Capt. Boswyck Offord, commander of NSA/CSS-Hawaii, on May 18.

May is Asian-Pacific American Heritage Month

This Japanese-American World War II unit stands among the Army’s most decorated of the war

SGT. 1ST CLASS JON SOUCY
Army News Service

ARLINGTON, Virginia — In 1940, Mitsuo “Ted” Hamasu was working in the sugar cane fields of Hawaii, as well as on a second job as a carpenter’s assistant for his uncle.

Within a year, those jobs would be a distant memory, and Hamasu would be a part of one of the most decorated units of World War II – the 100th Battalion, 442nd Regimental Combat Team.

Made up almost entirely of Nisei, or second-generation Japanese-Americans, the unit’s origins began with the Hawaii Army National Guard. So too did Hamasu’s service when he enlisted in the Hawaii Army Guard’s 299th Infantry Regiment after receiving a draft notice.

Enlisting got him out of the cane fields, which he was glad to leave behind, said Hamasu.

“I was happy to get out of the country,” he said in a 2011 interview, referring to his rural home on Hawaii’s largest island. “That’s a country place. It’s sugarcane. We were working for a plantation, a sugar plantation, cane farming.”

Pearl Harbor is attacked
In August 1940 the 299th Infantry Regiment, as well as the entire National Guard, was mobilized in anticipation of American entry into World War II. The unit provided security at a number of locations in Hawaii, including the Hilo airport, which is where Hamasu was when Pearl Harbor was attacked on Dec. 7, 1941.

“We received a phone call saying that Pearl Harbor was attacked, bombed by Japanese planes,” he said. “At first, I did not believe it. Another phone call confirmed the fact.”

In the aftermath, Hamasu and the Soldiers in his unit built up defenses around Hilo in case of another attack, but other changes were soon to come. In April 1942, all Soldiers of Japanese ancestry in the 299th Infantry Regiment were ordered to turn in their weapons and ammunition.

“That’s when they segregated us,” said Hamasu.



Photo by Capt. Liana Kim, 9th Mission Support Command Public Affairs
From left, veterans Rikio Tsuda and Jack Nakamura attend a 100th Battalion, 303rd Maneuver Enhancement Brigade, 9th Mission Support Command change of command ceremony in 2015. Soldiers currently serving in the battalion actively support the “Go for Broke” veterans of the battalion to keep their legacy strong. The U.S. Army Reserve battalion consists of Soldiers from Hawaii, American Samoa, Saipan and Guam.

A few weeks later, he and the other Japanese-American Soldiers were on the move.

“Quietly, about a month later, our segregated group of Nisei Soldiers embarked on a ship from Hilo to Honolulu and Schofield Barracks, then again in June from Honolulu to Oakland,” said Hamasu. “We did not know it at the time, but we were headed to Camp McCoy, Wisconsin.”

The group was organized as the Hawaiian Provisional Infantry Battalion, with many of the Soldiers coming from the Hawaii Army Guard’s 298th and 299th Infantry Regiments. That designation would change before they got to Wisconsin.

“They named our outfit the 100th Infantry Battalion, or One Puka Puka in Hawaiian,” Hamasu said.

Animosity and distrust
The unit trained in Wisconsin and then at Camp Shelby, Mississippi. Many unit members said they felt animosity and distrust from other Soldiers during the training.

“United States leaders remained suspicious and skeptical of the Nisei Soldiers’ loyalty,” said Army Col. Hiraoki Morita in a 1992 essay on the 100th Infantry Battalion, written while he attended the Army

War College.

For the Nisei Soldiers, that often translated to working and training harder in order to prove themselves.

“They didn’t say you (had) to, but it happened that way,” said Hamasu. “You (had) to – you know, you (had) to do more than your share to be accepted by the other Soldiers.”

In September 1943, the unit sailed for North Africa where it fell under the Minnesota Army National Guard’s 34th Infantry Division. Also assigned to the division was another largely Nisei unit – the 442nd Regimental Combat Team.

By the end of the month, the division and its subordinate units were in Salerno, Italy. They fought for nine months from Salerno to Rome and took part in operations at Anzio as part of the Italian campaign. Some of the heaviest fighting came in late January 1944 at Monte Cassino.

“It was a terrible thing, as far as the war is concerned,” said Hamasu, reflecting on his combat experiences.

The 100th Infantry Battalion earned the Presidential Unit Citation for its actions in Italy, as well as the nickname the “Purple Heart Battalion,” a reflection of the number of wounded or killed in the fierce fighting.

During the campaign, the unit’s Soldiers “boldly (faced) murderous fire from all types of weapons and tanks and, at times, (fought) without artillery support,” according to the orders announcing the unit citation.

The Soldiers continued to push on
“Doggedly the members of the 100th Infantry Battalion fought their way into strongly defended positions,” the orders continue. “The stubborn desire of the men to close with a numerically superior enemy and the rapidity with which they fought enabled the 100th Infantry Battalion to destroy completely the right flank positions of a German army.”

It was also during this timeframe that the 100th Infantry Battalion, which had operated as a separate battalion unconnected to a parent regiment, was redesignated the 100th Battalion and made a part of the 442nd RCT.

The combined unit next took part in the invasion of southern France, entering the town of Le Muy in August. From there the unit pushed through Marseille and on to the Vosges Mountains, where it engaged in fighting around Biffontaine, France, earning a second Presidential Unit Citation.

To capture Biffontaine – and the nearby town of Bruyeres – the unit’s Soldiers fought an almost continuous four-day firefight through thick forests and freezing, rainy weather, according to the unit citation. It also required crossing heavily defended areas where they were met with substantial German machine gun and tank fire.

“Shouting defiance in the face of demands for surrender, the men of the 100th Battalion fired their rifles and threw captured hand grenades at the enemy tanks,” the award citation reads. “Bitter fighting at close range resulted in the capture of (Biffontaine).”

The Soldiers of the unit were lauded for their skillful approach.

“So skillfully coordinated was the attack (for Biffontaine) that the strongly fortified hostile positions were completely overrun, numerous casualties were inflicted on the enemy and the capture of the town was assured,” the citation said.

(See the rest of this article at www.hawaiiarmyweekly.com/2017/05/25/world-war-ii-unit-stands-among-the-armys-most-decorated/.)

Photo courtesy of Pacific Aviation Museum

Children tour aircraft displays at the 2015 Biggest Little Airshow at Pacific Aviation Museum.

Hawaii's museums

Embrace history...

with summer family fun

Whether it's military history or cultural enlightenment, Hawaii's many museums offer a chance to re-visit the past and learn more about what makes the islands unique.

KAREN A. IWAMOTO
Staff Writer

Pacific Aviation Museum

This family friendly museum hosts many kid-friendly events and its extensive collection of airplanes and military memorabilia dating back to the 1940s make for an exciting experience for military buffs young and old.

Noteworthy

The 10th annual Biggest Little Airshow in Hawaii returns to the museum Saturday and Sunday, June 3 and 4, from 10 a.m. to 4 p.m. It will feature remote-control aircraft, "candy bombings" over the historic Ford Island runway, hangar tours, restored World War II aircraft displays and a Kids Zone.

Address: Catch the shuttle bus from the Pearl Harbor Visitor Center to the museum on Ford Island.

Phone: 441-1000

Website: www.pacificaviationmuseum.org

Hours: 8 a.m.-5 p.m. daily, closed on Thanksgiving, Christmas and New Year's Day.

Admission: \$25 for adults, \$12 for children ages 4-12, \$15 for kamaaina and military personnel, \$10 for kamaaina and military children ages 4-12, free for children under age 4.

Iolani Palace

This meticulously restored, opulent palace in downtown Honolulu was the home of King Kalakaua and his successor, Queen Liliuokalani, until the overthrow of the monarchy in 1893. Completed in 1882, the palace consists of a grand hall, state dining room, throne room and more.

Noteworthy

The daily tours of the palace includes a look into the imprisonment room, where Queen Liliuokalani was held under house arrest for almost eight months after the overthrow of her government. It is the only palace in the United States.

Address: 364 S. King St.

Phone: 522-0832

Website: www.iolanipalace.org

Hours: 9 a.m.-4 p.m., Monday-Saturday, with last ticket sold at 3:45 p.m.

Admission: Self-led tours are \$14.75 for adults, \$6 for children between the ages of 5 and 12 and free for children under the age of 3; guided tours are \$21.75 for adults and \$6 for children between the ages of 5 and 12; admission to the basement gallery exhibits are \$5 for adults and \$3 for children between the ages of 5 and 12.

The Grand Hall at Iolani Palace. The palace is a registered National Historic site and the only royal palace in the United States. It has been meticulously restored and tells the story of Hawaii's monarchs.

Photo by Dallas Nagata White

Photo by David Mikulin

File photo

Bishop Museum

Designated the Hawaii State Museum of Natural and Cultural History, you'll find everything from exhibits on volcanology and oceanography to the treasured mahiole (feathered helmet) and ahu ula (feathered cloak) of the Hawaiian chief Kalaniopuu.

Noteworthy

The Hawaiian Hall features three floors of exhibits, cultural artifacts and displays to entertain and educate visitors about Hawaii's rich cultural history and its connection to the Pacific and the wider world.

Address: 1525 Bernice St.

Phone: 847-3511

Website: www.bishopmuseum.org

Hours: 9 a.m.-5 p.m. daily, closed on Thanksgiving and Christmas

Admission: General admission is \$22.95 for adults, \$19.95 for seniors, \$14.95 for juniors and free for children under age 3; kamaaina and military admission is \$14.95 for adults, \$12.95 for seniors, \$10.95 for juniors and free for children under age 3.

Parking: \$5 from 6 a.m. to 5 p.m.; \$3 from 5 p.m. to 6 a.m. No overnight parking.

Tropic Lightning Museum

Among the most convenient museums for Army families living on post to reach, the Tropic Lightning Museum's focus is on all things related to the history of Schofield Barracks. Get a glimpse of what it was like to live on post before statehood and brush up on your history of the 25th Infantry Division.

Noteworthy

The museum's rotating gallery is always changing and it's also expanding its exhibit on post-Vietnam War and Cold War history.

Address: Bldg. 361, Waianae Avenue, Schofield Barracks

Phone: 655-0438

Website: www.garrison.hawaii.army.mil/tlm

Hours: 10 a.m.-4 p.m., Tuesday-Saturday, closed on federal holidays


Admission: Free

See MUSEUM B-4

Above — The exterior of the Hawaiian Hall at the Bishop Museum.



Blue Star Museum: Free admission to active duty military personnel and their families between Memorial Day and Labor Day.



Briefs

26 / Friday

Garrison Organization Celebration Day — Note, most Family and MWR facilities will be closed or have adjusted hours. Visit himwr.com for more information.

Parole in Place/Green Card — Learn how to navigate the complex immigration system to apply for a green card at SB Soldier & Family Assistance Center (SFAC), 10 a.m.-noon. Workshop will also discuss the Fiancée Visa and Parole in Place process. Call 655-4227.

Citizenship Workshop — Held at SB SFAC from 1-2:30 p.m. Determine if you have met the permanent resident requirements of the U.S. immigration law and receive step-by-step instruction on the process of becoming a U.S. citizen. Call 655-4227.

Last Day of School — Hawaii public schools end the school year. Call 655-8326.

Hawaiian Lunch Buffet — SB Kolekole Bar & Grill hosts from 11-1 p.m. for \$14.95 per person. Call 655-4466.

Hawaiian Lunch Buffet — FS Hale Ikena hosts from 11 a.m.-2 p.m. for \$14.96. Call 438-1974.

Right Arm Night — Enjoy a night of comradery at SB Nehelani starting at 5 p.m. Call 655-4466.

Leilehua Concert Series — Enjoy live music from Moke Boy Kamealoha from 6-8 p.m. at The Grill, Leilehua Golf Course. Call 655-4653.

27 / Saturday

Free Swim Lesson — Enjoy one swimming lesson at any of the following Family and MWR pools from 1-2 p.m.: SB Richardson Pool, AMR or HMR. Call 655-9698.

Paint and Sip at Tropics — Paint a picture on canvas at SB Tropics from 7-9 p.m. while sipping your beverage of choice for \$35. Class includes all painting supplies and instruction. Preregistration is required. Call 655-5698.

29 / Monday

All Public Schools Closed — Call 655-8326.

Memorial Day Inflatable Day — Bring your inflatables or enjoy our

AT TROPICS



SCHOFIELD BARRACKS
Arts & Crafts

Paint & Sip



Ripe for the taking
Friday
June 9, 2017



Under the Sea
Saturday
June 24, 2017

Get inspired and create your Masterpiece with Arts & Crafts and Tropics while enjoying our signature drinks and food. An experienced artist will guide you through the relaxing process of painting while you sip on your beverage of choice. All supplies provided and a select choice of beverage is included. \$35 per person (non-refundable).

Pre-registration is required at: Schofield Barracks Arts and Crafts 919 Humphreys Rd. Bldg #572 808-655-4202

Wednesday & Thursday:
10:00 am-3:30 pm
Friday & Saturday:
9:00 am – 3:30 pm

HiMWR.com



This sponsorship does not constitute DoD, Army or Federal Government endorsement.

Photo courtesy of Family and Morale, Welfare and Recreation

SCHOFIELD BARRACKS — Tap your inner Van Gogh and have a glass of your favorite beverage while improving your skill set. Family and Morale, Welfare and Recreation is teaming with the Arts & Crafts Center and Tropics Recreation Center for twice monthly Paint & Sip art experiences. Register at the SB Arts & Crafts Center and enjoy a painting experience. Note, spots fill quickly.

inflatables at SB Richardson Pool starting at 10 a.m. for \$3. We will also host a goldfish hunt for an extra 50 cents. Call 655-9698.

BOSS Trip — Attend the Lantern Floating Festival in Waikiki. Call 352-223-6370.

31 / Wednesday

Play Mornings at ACS — Meet other moms and dads, share information and parenting tips, and give your infant/toddler a chance to interact with other children at SB ACS from 10 - 11 a.m. Call 655-4227.

EFMP Pool Party and Cookout — Bring your swimsuit, sunscreen and towel, then hang out with EFMP from 2-4:30 p.m. at SB Richardson Pool. Spots are limited; registration required. Call 655-4227.

June


1 / Thursday

Fourth of July Pre-Sale Tickets — Get 20 tickets for \$15, June 1-30, at SB Outdoor Recreation Center, Leisure Travel Service Office or any Army Bowling Center; \$20 value. Call 655-0113.

Fourth of July Picnic and Tailgate Spots — Reserve a 20'x25' picnic space for \$95 or two parking stalls (20'x15') for \$57 at the annual Fourth of July Spectacular held on SB Weyand Field. Spaces are reserved on a first-come, first-served basis. To reserve a spot, visit the

655-4227.

Blitz Ball Tournament — Outdoor Recreation hosts. Practice every Tuesday and Thursday in May from 6-9 p.m.



Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

26 / Friday

Trevor Noah — Comedy Central's host of the "Daily Show" brings stand-up comedy to the Blaisdell Concert Hall for 8 and 10:30 p.m. shows. Tickets start at \$45.50. Visit Ticketmaster.com.

27 / Saturday

SB Kolekole Walking-Hiking Trail — The trail is open for hiking this weekend: Saturday, Sunday and Memorial Day.


Vietnam 50 Years Memorial Parade — Waikiki parade features military marching bands and parade entrees beginning at 5 p.m., along Kalakaua Ave. and ending at Kapiolani Park.

29 / Monday

Mighty Mo — To honor those in the armed forces who have served and sacrificed for their country, the Battleship Missouri Memorial will offer free admission to all active duty, reserve, auxiliary and retired U.S. military personnel and dependents

Calendar abbreviations

8th TSC: 8th Theater Sustainment Command
25th ID: 25th Infantry Division
ACS: Army Community Service
AFAP: Army Family Action Plan
AFTB: Army Family Team Building
AMR: Aliamanu Military Reservation



on Memorial Day.


On Monday, May 29, those who present a valid military ID will receive free admission at the Ticket and Information Booth at the Pearl Harbor Visitor Center. For those who have approved base access onto Ford Island, free admission with a valid military ID can also be obtained at the entrance to the Battleship Missouri Memorial.

National Cemetery of the Pacific — Memorial Day service begins at 8:30 a.m. For more information, visit vietnam50years.org.

SB Memorial Day — U.S. Army-Hawaii Remembrance Ceremony will be held at the Schofield Barracks Post Cemetery at 10 a.m.

The Street at International Marketplace — Active duty military and veterans with ID will receive complimentary food items, 2-6 p.m., at various stations from award-winning chef Michael Mina; maximum value \$20. Visit www.thesreetssocialhouse.com.

Lantern Floating Hawaii 2017 — The annual Lantern Floating Hawaii ceremony is scheduled at 6:10 p.m. at Ala Moana Beach Park.



and Recreation

FRG: Family Readiness Group
FS: Fort Shafter
HMR: Helemano Military Reservation
IPC: Island Palm Communities
PFC: Physical Fitness Center
SAC: School Age Center
SB: Schofield Barracks

Candlelit lanterns will be set afloat to honor deceased loved ones. The Lantern Request tent will be open from 10 a.m.-4 p.m., or until all lanterns are given out, on a first-come, first-served basis.

Free event parking is available at the Hawaii Convention Center from 7 a.m.-11:59 p.m. A complimentary shuttle will transport passengers from the center to the beach park beginning at 3 p.m., then back after the ceremony. Visit www.lanternfloatinghawaii.com.

31 / Wednesday

Community Information Exchange — U.S. Army Garrison-Hawaii community leaders share events and information in this monthly forum, 9 a.m., at the SB Nehelani.

June

1 / Thursday

Screen on the Green — Waimea Valley hosts open air movie nights with new and classic films every Thursday evening through July 27, 7-8 p.m., after the Farmers Market on the Main Lawn. Visit www.waimeavalley.net.

2 / Friday

First Friday — Chinatown is the place to join the hip crowds at the many unique galleries,

boutiques, cafes and restaurants that feature exciting art exhibits and free entertainment every month.

The art galleries and most shops stay open late, from 5-9 p.m., followed by a late night party at some of the trendiest, most popular bars in Honolulu. Visit www.firstfridayhawaii.com.

3 / Saturday

Biggest Little Airshow in Hawaii — Pacific Aviation Museum, Ford Island, hosts from 10 a.m.-4 p.m. Pay tribute to the 75th anniversary of the Battle of Midway, a four-day sea and air battle that was the decisive turning point of World War II in the Pacific. Call 441-1013 or 445-9069.

4 / Sunday

Keiki Sunday — Sea Life Park offers free admission for two children with any regular adult admission, 10 a.m.-2 p.m. Visit www.sealifeparkhawaii.com/plan-a-visit/events.

Windward Choral Society — 9th Annual Spring Concert, Requiem for the Living, will be held at the historical Kawaiaha'o Church, 957 Punchbowl St., at 4 p.m.

Visit www.thewindwardchoralsociety.org/event-items/requiem-for-the-living/.

See COMMUNITY B-5

SB Special Events Office located within the Art & Crafts Center (Bldg. 572) or call 655-0113.

Mini Football Registration — Parent participation program for youth born 2012-2013, costs \$25; includes a T-shirt and ball. Call 655-6465 or 836-1923.

Public School Registration — Please register your child for school; accepted throughout the year. Call Army School Liaison Office at 655-8326.

Nagorski Pro Shop Father's Day Special — FS Nagorski Pro Shop is celebrating Father's Day with special pricing on select men's golf gear. Enjoy 30 percent off men's apparel, 20 percent off men's hats, and 20 percent off all men's clubs to, include special orders (custom fitting available). Call 438-9587.

Money Management — Held at SB ACS from 10-11:30 a.m. Focuses on the core concepts of personal finances. Learn how budgeting, credit and investing fit into your overall financial plan and take away the "Steps to Financial Success." Call 655-4227.

NEW! Team Pacific Scramble — Quarterly team event held at Leilehua Golf Course for \$50 per person. Price includes green fee, cart fee, driving range balls, door prizes, flight prizes, pupus and two mulligans per player. Shotgun (noon) start. Call 655-4653.

It Takes Two (For Couples) — Enhance your relationship by learning skills to improve communication at SB ACS from 11:30 a.m.-1 p.m. Learn about expectations, problem solving techniques, forgiveness and the importance of fun and friendship. Call 655-4227.

Under the Stars — Outside movie event held at SB Tropics Recreation Center at 7 p.m. Call 655-5698.


3 / Saturday

Adventure Kayaking 101 — Learn to kayak the Anahulu River on the North Shore with SB Outdoor Recreation center from 8:30 a.m.-12:30 p.m. for \$59 per person. Transportation (up to 12 people), equipment and instruction is provided. All you need to bring is water, snacks and sunscreen. Call 655-0143.

Swimming Lessons — Registration held at SB Richardson Pool, June 3-4, from 9 a.m.-5 p.m. Classes run weekdays, June 5-16 (no classes on Tuesday); class times range from 3-5 p.m. Cost is \$60 for 30-minute lessons for Parent & Tot, Level 1, Level 2; \$70 for 45-minute lesson for Level 3, Level 4. Call 655-9698.


Level 5 - Pre Swim Team — Registration held at SB Richardson Pool, June 3-4, from 9 a.m.-5 p.m. Classes are held Monday-Wednesday, June 5-July

See MWR B-5




The Circle (PG-13)

Friday, May 26, 7 p.m.



Gifted (PG-13)

Saturday, May 27, 4 p.m.



The Fate of the Furious (PG-13)

Saturday, May 27, 7 p.m.

Smurfs: The Lost Village (PG)

Sunday, May 28, 4 p.m.

Closed Monday through Thursday.

715th MI leads, honors Waialua HS graduates

Story and photos by
SGT. SHAMEEKA R. STANLEY
500th Military Intelligence Brigade
Public Affairs

WAIALUA — More than 100 family and friends gathered together to celebrate one of the most important moments of their loved ones lives: graduation day.

Soldiers assigned to the color guard team in 715th Military Intelligence Battalion, 500th MI Brigade, came out to support and present the colors at Waialua High and Intermediate School graduation, here, May 20.

The color guard team was led by Staff Sgt. Georgina D. Parker, the noncommissioned officer in charge, with Spc. Tymeke S. Lowery, Spc. Kaelan O. Henry, Spc. Dominique E. Charles and Pvt. Sky M. Hartman.

Annual support

“It has been an honor for us to have the 500th MI Bde. color guard participate in our commencement exercises for the past seven years,” said Lorri Sonan, Waialua H.S. student activities coordinator. “Having the color guard open the ceremony adds a touch of prestige to the night. We appreciate the time and support given to help us create a memorable event for our graduating seniors.”

As the ceremony began with the color



Soldiers of the 715th MI Bn., 500th MI Bde. color guard stand at attention for Waialua High graduates, May 20. The

guard marching down the red carpet aisle to lead the way for the graduates, the crowd began to cheer with the anticipation of seeing their graduates walk across the stage and receive their diploma.

“I did ROTC (the Reserve Officer Training Corps) in high school and was a part of the color guard team,” said Hart-



Soldiers of the 715th MI Bn., 500th MI Bde. color guard team, led by Staff Sgt. Georgina D. Parker, the NCOIC, with Spc. Tymeke S. Lowery, Spc. Kaelan O. Henry, Spc. Dominique E. Charles and Pvt. Sky M. Hartman, meet with Christine Alexander, principal of Waialua High and Intermediate School.

man. “It means a lot to be able to come out to support and represent my unit and the Army during this ceremony.”

At the end of the ceremony, the color guard led the cadets out of the gymnasium to their awaiting family and

friends.

500th MI Bde. continues its longstanding partnership with Wailalua H.S. and looks forward to working together and supporting the students and faculty in the next school year.

Spouses club ends successful year with rewards

HUI ‘O NA WAHINE
News Release

SCHOFIELD BARRACKS — The Hui ‘O Na Wahine, Schofield Barracks’ all-ranks spouses club, has served Oahu’s military community for 85 years. This year, the Hui board members displayed true meaning of selflessness and courage by bringing new life into the club, despite many obstacles.

Their focus and dedication to fund-raising efforts allowed the Hui to raise more than \$135,000 that was directly infused back into the military community through scholarships and welfare grants.

Scholarship and welfare grant recipients were invited to Maj. Gen. Christopher Cavoli’s residence on Generals Loop for the Hui’s annual awards ceremony, recently.

“Being able to shake hands and hug the necks of recipients felt like a full-circle moment. Our board and thrift store employees worked tirelessly to raise this money, and to see nearly \$50,000 invested into the education of military families makes it worth every struggle,” said Britt Flather, outgoing Hui president.

Welfare grants



Photo by Sgt. Chris Olson, 25th Combat Aviation Brigade, 25th Infantry Division

Recipients of Hui ‘O Na Wahine scholarships and welfare grants gather at the home of Maj. Gen. Christopher G. Cavoli, commander of the 25th Infantry Division and U.S. Army Hawaii, for a reception.

Many nonprofits serving the military and military families received welfare grants. Wheeler YMCA, Boy Scouts of America, Girl Scouts and JROTC programs from around Oahu are just a few of the organizations supported by Hui funding.

“The money received from the spouses of Schofield allows our school to provide for students in ways we otherwise would not be able to,” said Sally

Omalza, principal of Solomon Elementary School. “Special recognition ceremonies and tokens of appreciation helps with building morale within both faculty and our student body. I cannot thank the Hui enough for their ongoing support.”

All spouses

Schofield Barracks is home to one of the first all-inclusive spouses clubs. All spouses, no matter gender, branch of ser-

vice or service member’s rank, are invited to become members and to serve on the Hui’s board.

“It is an unfortunate reality that many spouses do not feel supported nor encouraged to take an active role within our military community. I understand this frustration,” Flather said. “As a relatively new spouse, there were many who felt I wasn’t qualified to lead this organization, but with Garrison support and a fresh set of eyes, we had a record smashing year.

“Take the step, get involved, make a difference. We ‘green’ spouses are bringing more to the table than ever before,” she added.

Hui recruitment
How can you get involved? Stop by the Hui ‘O Na Wahine Thrift Store, located on Ulrich Road, Schofield Barracks, and be sure to look for the annual Super Sign Up Hui membership event in August.
You may also find information on Facebook and at www.schofieldspousesclub.com.

Exchange invites shoppers to help save a tree with eReceipts

ARMY & AIR FORCE EXCHANGE SERVICE
Public Affairs

DALLAS — According to the University of Southern Indiana, the amount of paper thrown away in the United States every year is equivalent to about 1 billion trees. Much of this waste is from paper receipts.

To help reduce paper usage, the Army & Air Force Exchange Service offers shoppers the option to receive an



electronic receipt instead of a printed one. Shoppers simply select “eReceipt” when prompted and provide the email address to which they would like their receipt delivered.

“In addition to the environmental benefits, eReceipts save the Exchange on paper costs, meaning more earnings to fund critical military quality of life pro-

grams such as Army Child Development, youth and fitness centers and Air Force Outdoor Recreation programs,” said Air Force Chief Master Sgt. Luis Reyes, the Exchange’s senior enlisted adviser. “The Exchange is happy to empower military shoppers to make a difference in their communities.”

The Exchange’s eReceipt program has saved more than 4.4 million receipts worldwide from going into the landfill since its launch in 2013.

Facebook friendly version

Help save a tree! The Army & Air Force Exchange Service is empowering shoppers to reduce paper waste by offering electronic receipts. To participate, shoppers simply select eReceipt when prompted and provide the email address for their receipt.

Since 2013, the Exchange’s eReceipt program has saved more than 4.4 million receipts worldwide from going into the landfill.

Memorial Day fosters early memories and the poetry of taps

LISA SMITH MOLINARI
Contributing Writer

One evening in 1981 while I was at summer camp, I took a deep breath and blew a little too hard on the bugle’s mouthpiece.

The counselor who played taps each night to signal “lights out” to the campers had agreed to let me be the substitute bugler that evening. Using only one semester of French horn lessons, I blasted the first note, temporarily silencing the cacophony of crickets and frogs rising from the lake.

I relaxed my diaphragm to soften the sound and continued, measure by measure. Just before the high G, I squeezed my eyelids shut and thinned out my lips. Would I make the note?

Those whose loved ones died in war while serving in the U.S. military know the sound of that high G all too well. In fact, they probably remember every one of the song’s 24 notes because it is the somber bugle call played at all military funerals.

Origins

But many don’t realize that taps didn’t start as a military burial tradition. The refrain we know today was created in 1862, on the back of an envelope at a weary Civil War encampment along the



James River in Virginia.

After seven hard days of fighting, Union Army Brig. Gen. Daniel Butterfield decided he didn’t like the formal French bugle call (Napoleon’s favorite) known in Army manuals as “Extinguish Lights.” He felt the rat-a-tat tune needed to be more melodic, so after his aide translated Butterfield’s inspiration into notes scribbled on the back of an envelope, he enlisted the help of the brigade bugler Pvt. Oliver Wilcox Norton to play it at camp that night and each night thereafter.

Nearby infantries heard the resulting melody, which some called “Butterfield’s Lullaby.” Soon, this new version of “taps” spread throughout the Union Army, and eventually, to the Confederate Soldiers as well. Shortly thereafter, commands began using the bugle call while burying fallen Civil War Soldiers, instead of the traditional three volleys of rifle fire, because they worried that the sound of gunfire might be mistaken for an enemy attack.

In 1891, Army infantry regulations

officially included taps in military funeral ceremonies.

Another lesser-known fact is that taps has lyrics. Although several authors have been attributed to the simple poetry, the true author of the words is officially unknown.

Butterfield may not have envisioned that the bedtime melody he hummed to his aide along the James River on that steamy summer night in 1862 would be associated with the tragedy of death. However, the words that accompany taps marry sleep with death in a beautiful metaphor that must offer some comfort to the grief-stricken families of fallen heroes.

*Day is done, gone the sun,
From the hills, from the lake, from the skies.
All is well, safely rest,
God is nigh.*

*Go to sleep, peaceful sleep,
May the Soldier, or Sailor, God keep.
On the land, or the deep,
Safe in sleep.*

*Love, good night, Must thou go,
When the day, and the night, need thee so?
All is well. Speedeth all*

To their rest.

*Fades the light; and afar,
Goeth day, and the stars, shineth bright.
Fare thee well; day has gone,
Night is on.*

*Thanks and praise, for our days,
‘Neath the sun, ‘neath the stars, ‘neath the sky,
As we go, this we know,
God is nigh.*

That night in 1981, after two flat misfires echoed from my bugle into the dusk, I finally made the high G note. As I finished the song, I felt as if I might cry. Unsure if it was selfish pride or something else, the melancholy tune tugged dolefully at my heart.

At age 15, I didn’t know that taps had accompanied the burial of countless fallen American military heroes. But undeniably, the notes conveyed a sense of something simple, yet complex. Something ceasing, yet eternal. Something comforting, yet sorrowful.

The tragic yet peaceful call of “lights out.”

(Check out more of Molinari’s insights at her website: www.themeatandpotatoesoflife.com.)

Find inspiration by tapping Hawaii’s wonders

CHAPLAIN (MAJ.) BRIAN KOYN
Deputy Command Chaplain - Support
Integrated Religious Support Office

SCHOFIELD BARRACKS — Few natural habitats can rival the natural wonder of the Hawaiian Islands. Waterfalls pouring over rock faces in the middle of lush forests are the stuff of postcards.

The vistas afforded after a tough climb up the ridges overlooking Waikiki amazes even the hard to impress. Maybe you have tried taking pictures of fiery sunsets over the North Shore knowing the attempt is futile because the recorded image will never come close to the intensity of the real thing.

These experiences bring to mind a single word – awesome. Not the flip-pant vote of approval we give others, but full of awe. Some researchers would define this experience as “encountering something so vast – in size, skill, beauty, intensity, etc. – that we struggle to comprehend it”

The sight of these wonders inspires



Koyn

many to reactions like those of the warrior king David of the Bible.

“By awesome deeds you answer us with righteousness, O God of our salvation, the hope of all the ends of the earth and of the farthest seas; the one who by his strength established the mountains, being girded with might; who stills the roaring of the seas, the roaring of their waves, the tumult of the peoples, so that those who dwell at the ends of the earth are in awe at your signs. You make the going out of the morning and the evening to shout for joy” (Psalm 65:5-8, ESV).

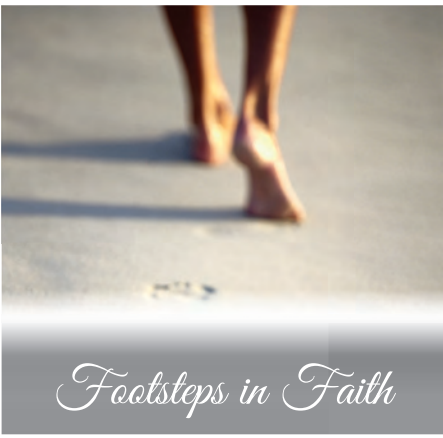
Research is now revealing some quantifiable effects of awe in our life. For religious people, inducing awe is

shown to make us feel a sense of oneness with others. Simple acts like watching the powerful surf at the Pipeline leads to feelings of a small self which in turns makes us nicer, more generous and increases life satisfaction.

While these feelings can even come from watching someone display amazing skill born of a lifetime of practice (think that viral video that must be fake because no one can do that), these events are relatively rare compared to the plentiful opportunities to experience awe in creation.

So, what can we do?

- Take a walk**, climb a mountain, get in the woods, watch the sunset on a beach, sit on the lanai and watch a distant lightning storm. Each of these acts put us in a position to be changed.
- Read accounts of personal inspiration and self-sacrifice**. Observing the best of humanity can have a similar effect as nature.



- Seek out** those who have such skill in a discipline that it forces us to adjust what we think is possible.
- Bring others along in your awe-inspiring journeys**. Some of us need a nudge to take a step away from the blandness of the day while others need someone else to lead into new experiences.



Worship Services

Additional religious services, children’s programs, educational services and contact information can be found at <https://www.garrison.hawaii.army.mil/rso/USARHAW%20Chapel%20Services.pdf>.

AMR: Aliamanu Military Reservation Chapel

- FD: Fort DeRussy Chapel
HMR: Helemano Chapel
MPC: Main Post Chapel, Schofield Barracks
PH: Aloha Jewish Chapel, Pearl Harbor
SC: Soldiers’ Chapel, Schofield Barracks
TAMC: Tripler Army Medical Center Chapel
WAAF: Wheeler Army Airfield Chapel
- Buddhist Services**
- First Sunday, 1 p.m. at FD
 - Last Wednesday, 6 p.m. at Main Post Chapel, Schofield Barracks

- Catholic Mass**
- Monday-Wednesday, 11:45 a.m. at Soldiers’ Chapel
 - Thursday, 11:45 a.m. at AMR
 - Wednesday, 5 p.m. at MPC
 - Saturday, 5 p.m. at TAMC
 - Sunday services: -8:30 a.m. at AMR -10:30 a.m. at MPC -11 a.m. at TAMC
- Gospel Worship**
- Sunday, noon at Main Post Chapel, Schofield Barracks
 - Sunday, 12:30 p.m. at Aliamanu Military Reservation Chapel

- Islamic**
- Friday, 12:30 p.m. at AMR (Call 477-7647)
- Jewish Shabbat (Sabbath)**
- Friday, 7:30 p.m. at PH (Call 473-3971)
- Protestant Worship**
- Sunday Services -9 a.m. at MPC (Contemporary) -9 a.m. at FD -9 a.m. at TAMC -10 a.m. at HMR (Contemporary) -10:30 a.m. at AMR (Contemporary) -11 a.m. at WAAF (Contemporary)

Museum: Visiting sites

CONTINUED FROM B-1

Queen Emma Summer Palace

Also known as Hanaiakamalama, this was the summer retreat for King Kamehameha IV’s wife, Queen Emma. She spent her summers here from 1857 to 1885. Located in Nuuanu, it is maintained as a museum by the Daughters of Hawaii, and features collections of the queen’s belongings and portraits of the royal family.

Noteworthy

The palace will be featuring an exhibit of Niihau shell lei from the private collection of Hawaiian cultural practitioner Kai Hyde from June until October.

Also, from June 19-30, the palace will be offering its Papa Kauwela summer classes for children in third to fifth grade. The classes will introduce them to Hawaiian language, protocol and activities and will include one field trip each week to a Hawaiian cultural site. The cost to enroll in the classes is \$135 per week. For more information, call the Daughters of Hawaii at 595-3167.

Address: 2913 Pali Highway
Phone: 595-3167



Photo courtesy of Queen Emma Summer Palace

Queen Emma’s Summer Palace was a summer retreat for Queen Emma Kaleleonalani Rooke, her husband Kamehameha IV, and their son, Prince Albert Edward from 1857 to 1885.

Doris Duke’s Shangri La

Nationally recognized as one of Hawaii’s most architecturally significant properties, Shangri La at Diamond Head houses an extensive collection of Islamic art and architecture from Iran, Syria, Morocco and India. It was built in 1935 by architect Marion Sims Wyeth for philanthropist Doris Duke. Today the mission of the Doris Duke Foundation for Islamic Art is to promote the study and understanding of Islamic arts and culture.

Noteworthy

There’s an extensive collection of

Illkanid tilework dating back to the 12th century, with an emphasis on work from Syria, Turkey and Iran. Another standout is the collection of artwork produced during the Qajar period (1779-1924).

Address: 4055 Papu Circle
Phone: To book a tour the Honolulu Museum of Art at 532-3853
Website: www.shangrila.com
Hours: Guided tours take place 9 a.m., 10:30 a.m. and 1:30 p.m. Wednesday-Saturday.
Admission: General admission is \$25, admission for Hawaii residents is \$20. No discounts for seniors, children or military personnel.

Hawaii Army Museum

This museum celebrates Hawaii’s rich military history. Located at Fort DeRussy in Waikiki, its catalog of exhibits includes everything from military weapons to a gallery of heroes and a special exhibit dedicated to former Veterans Affairs Secretary Gen. Eric Shinseki, a native of Kauai.

Noteworthy

This museum has an extensive collection focused on the contributions of Japanese Americans during World War II. These in-

clude exhibits on the 100th Infantry Battalion the 442nd Combat Regiment, the 1399th Engineer Battalion and the Military Intelligence Service.

Address: 2161 Kalia Road in Waikiki
Phone: 438-2825
Website: hiarmymuseum.org
Hours: 10 a.m.-5 p.m., Tuesday-Saturday
Admission: Free, but donations are welcomed.
Parking: Validated parking at the Fort DeRussy Parking Facilities; \$2 for the first hour, \$1.25 for each additional hour.

Honolulu Museum of Art

This museum describes itself as an institution dedicated to the collection, preservation, interpretation and teaching of visual arts through the presentation of exhibits, films, and public programs that showcase Hawaii’s diverse culture and community. In addition to the main museum, it also encompasses the Spalding House museum, the Honolulu Museum School of Art, the Doris Duke Theatre and the Shangri La Center for Islamic Arts and Culture.

Noteworthy

Free Family Sundays – Admission is free to the public on the third Sunday of every month, and the museum fills the day with art activities, films and entertainment built around

a theme. The June 18 theme, “Oh My Dad!” will have kids celebrating Father’s Day by creating aloha-shirt-shaped cards and other crafts.

Address: 900 S. Beretenia St.
Phone: 532-8700
Website: www.honoluluseum.org
Hours: 10 a.m.-4:30 p.m., Tuesday-Saturday; 1-5 p.m., Sunday
Admission: \$10 for adults, free for children age 17 and under, free on Bank of Hawaii Sundays and the first Wednesday of every month.



Blue Star Museum: Free admission to active duty military personnel and their families between Memorial Day and Labor Day.

Hawaiian Mission Houses Historic Site and Archives

This complex includes three restored houses, two of which – Hale Laau (the Frame House) and Ka Hale Kamalani (the Chamberlain House) – are the oldest wooden houses in Hawaii. The third, Ka Hale Pai (Printing Office) contains a replica of the first printing press brought to the islands. A visit offers a glimpse into 19th century Hawaii that is further enhanced by a research archives on the property.



Photo by Kristen Wong, Oahu Publications

Shown here are Hale Laau, Ka Hale Kamalani and Ka Hale Pai, the three mission houses at the museum.


Noteworthy

In addition to collections of furniture, textile and art, Mission Houses also hosts its Cemetery Pupu Theatre, which brings to life prominent Hawaii residents of the past through live performances with local actors. The latest, focused on those who were instrumental in starting the state’s early Hawaiian-language newspapers, is called “Yesterday’s News.” Performances are 5 p.m. June 16 and 17, and 5 p.m. June 23 and 24 at the Mission Cemetery, which was established in 1823 on the grounds of Kawaihau Church. Tickets are \$55 and include two complimentary drinks and light pupu (appetizers).

Address: 553 S. King St.
Phone: 447-3910
Website: missionhouses.org
Hours: 10 a.m.-4 p.m., Tuesday-Saturday, with guided tours beginning at 11:30 a.m.
Admission: General admission is \$10, kamaaina, senior citizen and military admission is \$8 with 50 percent off the first Saturday of the month for kamaaina. Reservations required for groups of 10 or more.

TAMC TIP

Travel Safely



If you plan to travel, make sure to be proactive, prepared and protected. Take a few minutes to learn what you can do for a safe and healthy trip:

- Are vaccinations required? If so, call your health provider to schedule an appointment.
- Do you have enough medicine? If not, call your pharmacy to refill your prescriptions.
- Do you have a travelers’ kit prepared? If not, make one. Include sunscreen, insect repellent, medicine and basic first-aid items.
- Are you traveling pregnant? If so, find out what extra precautions you will need to take.
- Are you traveling overseas with children? Know health risks and how to avoid them.
- Are you going on a cruise? If so, check the inspection scores for specific ships before you book.
- Are you driving while abroad?

Lower your risk of being injured in a car crash while you’re on vacation.

Awareness helps curb teen pregnancy

KRISTI HAYASHIDA
Tripler Army Medical Center

HONOLULU — According to the Centers for Disease Control and Prevention, the teen rate has steadily declined over the past 10 years, but it still remains a major public health issue.

Teen pregnancies leave lasting repercussions not only on the teen parents, but on society as a whole.

The CDC recommends more effort be put into preventing teen pregnancies by raising awareness of contraceptive options.

Prevention programs

Schools once taught the “abstinence only” policy, which stated that abstinence was the only truly effective way to prevent unwanted pregnancies and sexually transmitted diseases.

“Prevention programs that focus only on abstinence do not work for teenagers,” said Maj. John Campagna, the chief of the Adolescent and Young Adult Medicine Clinic at Tripler Army Medical Center. “They need to be informed and aware of the harsh reality of raising a baby and the negative effects of teenage pregnancy. They also need to learn of the other means to prevent pregnancy.”

Campagna said teenage parents are less likely to graduate from high school and/or college, which can lead to lower income jobs.



Teen pregnancies and parenthood are closely associated with social and economic issues. The societal cost of caring for teenage mothers and their children is an estimated \$7 billion per year. Two-thirds of teen mothers rely on public assistance within the first three years of childbirth.

Creating a dialogue

“The best thing that a parent can do to prevent their teen from getting pregnant is to talk with them,” said Campagna. “This means discussing what sex is, how it can be prevented, and what their family expectations are. The more open the parents are with their teen, the less likely their teen will become pregnant.”

If teens do not feel comfortable talking to their parents openly about sex, they can reach out to another trusted adult, school counselor or health care

providers.

Adolescents have the right to confidential health care, which includes receiving sexual health services, provided that the teen’s emotional and cognitive maturity allow for it. Campagna said that at age 14 a teenager can receive contraceptive management without parental consent.

Campagna believes teen pregnancy can be a significant stressor on any adolescent, including fathers. The CDC suggests that young men should attend a “male only” sex education class to help significantly reduce the rate of teen pregnancy.

The Adolescent and Young Adult Clinic at Tripler can offer resources and knowledge on adolescent sexual health for patients and their families. The clinic offers confidential counseling and discussion of all health issues that may affect adolescents, and offer all forms of contraception.

When adolescents are exposed to vital information about unplanned pregnancies, teenagers will be forced to analyze whether sex is worth the risk of forever changing their lives and those of their future children.

Contact TAMC

If you have any questions or concerns about teen pregnancy and prevention, call 808-433-4165.



CONTINUED FROM B-2

22 for \$150 per youth. Competitions are at various pools around the island. Call 655-9698.

Ongoing

Kindergarten Registration — Now open at all public schools. If your child will be 5 years old by July 31, 2017, register him or her for kindergarten. For more informa-

tion, call 655-8326.


Youth Sports and Fitness Track and Field — Registration is underway for youth born on/or between 1999-2010 – with no exceptions. For more information, call 655-6465 or 836-1923.

Preschool Story Time — Attend every Tuesday for stories, songs, dancing and a craft at 10 a.m. at FS Library. Call 438-9521.

Resiliency through Art — This program focuses on self-expression

through art in a small group setting at the SB Arts & Crafts Center every Tuesday from 9:30-11:30 a.m. Call 655-4202, as registration is required.

Quilting and Sewing — Every Tuesday and Sunday, attend quilting and sewing from 5-8 p.m., 11 a.m.-3 p.m., for \$25 (first class) or \$6 (each additional class) at the SB Arts & Crafts Center, Bldg. 572. Ages 17 and up recommended; for younger patrons, call 655-4202.



CONTINUED FROM B-2

6 / Tuesday

Midway Youth Day — Pacific Aviation Museum partners with National Oceanic Atmospheric Administration and Fish & Wildlife Service for this special event for sixth through ninth grade students. Free participation. Limited to 100 students; advance registration required. Visit www.pacificaviationmuseum.org.

9 / Friday

3rd Annual Hi Fit Expo — Hawaii’s premier fitness, health lifestyle event runs through Sunday at the NBC Exhibition Hall. Top fitness, diet, nutrition, strength and wellness products and services offered in addition to fitness classes, demonstrations and celebrity appearances. Visit hifitexpo.com/.

16 / Friday

Hawaii Army Museum — The annual Gen.

Herbert E. Wolff Memorial Golf Tournament registration is now underway for the June 16 fundraiser at Leilehua Golf Course. Sponsored by the Hawaii Army Museum Society, the fee is \$150. Visit armymuseumsoc.org or call 941-3900.

Honolulu BBQ & Blues Festival — The Hilton Hawaiian Village hosts the spread of true southern barbecue dishes, 5-9:30 p.m., on the Great Lawn. General admission (military with valid ID) is \$25. Visit www.hiltonhawaiianvillage.com/bbq.



Col. Deydre Teyhen, commander of U.S. Army Health Clinic-Schofield Barracks, demonstrates the Resting Metabolic Rate test at AWC as Col. Stephen Dawson, commander of USAG-HI, and Amber Mowry, AWC director, look on.

USAG-HI commander tours active Army Wellness Center

Story and photo by
1ST LT. JASON KILGORE
U.S. Army Health Clinic-Schofield Barracks

SCHOFIELD BARRACKS — The U.S. Army Garrison-Hawaii commander, Col. Stephen Dawson, and Command Sgt. Maj. Lisa Piette-Edwards, senior enlisted adviser, visited the Army Wellness Center (AWC) to see firsthand the services that are offered to Soldiers and their families, recently.

Before the tour began, Amber Mowry, the AWC director, asked Dawson about his overall goal.

“I want to live to be at least 100 years old,” replied Dawson.

Science tour

The tour took place at the AWC building right next to the Sgt. Smith Theater. The tour started with the BodPod, a machine that calculates body composition. Results show the percentage of fat mass versus fat free mass within the client’s body.

“The initial BodPod assessment allows us to create a baseline and track progress that the client makes,” said Mowry. “AWC services pair well with each other.

“For those engaging in aerobic exercise,” Mowry continued, “the VO2 test provides heart rate training zones unique to the individual’s cardiovascular fitness level. Exercising in proper training zones optimizes training outcomes and reduces the risk of injury.”

Another popular service is the Resting

Metabolic Rate (RMR) test. The RMR is administered in a resting state and provides a baseline of the amount of calories the body burns in 24 hours if laying still. Estimated calorie expenditure from exercise and lifestyle is calculated and added to the RMR. Test results provided to the client outline a calorie range to stay within to either gain, maintain or lose weight.

The AWC is also home to the Biofeedback room. Biofeedback is a relaxation technique used to teach clients to control functions like heart rate to reduce stress and build resilience. Stress and strong emotions can cause or worsen health problems. The room and full body massage chair are designed to relieve stress as the client is coached through a series of stress relief techniques.

Nutrition plays a vital role in health; food is fuel, not filler. The AWC offers nutritional classes to help their clients achieve their health goals. This includes the classes Meals in Minutes, Upping Your Metabolism, and Fueling for Health.

(Editor’s note: Amber Mowry contributed to this article.)

Learn More

If you’re interested in seeing what the AWC can do to help you in achieving your health goals, call 655-1866, or stop by Bldg. 647, right next to Sgt. Smith Theater.



Amber Mowry, AWC director, left, briefs Col. Stephen Dawson, commander of USAG-HI during a tour of the center. To Dawson’s right are USAHC-SB Command Sgt. Maj. Luis Maldonado, USAG-HI Command Sgt. Maj. Lisa Piette Edwards, and Col. Deydre Teyhen, commander of the USAHC-SB.

TRICARE can offer allergy relief


TRICARE
News Release

Whether it is seasonal or a reaction to a specific food, allergies can be bothersome or dangerous. With seasonal allergies, depending on where you live, allergies can begin to affect you as early as February. If you suffer from food or other allergies, the effects can be felt year-round. The key to getting relief is finding out exactly what you are allergic to as soon as possible.

Allergies occur when the immune system reacts to substances that do not bother the general population. According to the U. S. National Library of Medicine, allergic reactions are sensitivities to substances, known as allergens, which come into contact with the skin, nose, eyes, respiratory tract and gastrointestinal tract. Allergens can be breathed into the lungs, swallowed or injected.

Common seasonal allergens and when sufferers may begin to experience a reaction are trees in February to June, grasses in May to August, ragweed in August to October, and mold, which does not fluctuate by season.

Reactions vary for each person when they are exposed to something to which they are allergic. First-time exposure may produce only a mild reaction. Mild



allergic reactions include itching, rashes, watery or red eyes and nasal congestion.

Certain reactions can occur several hours after exposure, particularly if the allergen causes a reaction after it has been eaten. In very rare cases, reactions develop after 24 hours. However, one of the most severe allergic reactions, anaphylaxis, is a sudden and severe allergic reaction that occurs within minutes of exposure. Anaphylaxis requires immediate medical attention.

Doctors use skin and blood tests to diagnose allergies and determine treatment options. TRICARE covers services and supplies required in the diagnosis and treatment of allergies. Treatments include medicines, allergy shots and avoiding the substances that cause reactions.

If you suffer from allergies or need more information, please visit the Allergy Services page on the TRICARE website to learn more about what treatment options are available.